

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

July 2012

## Creamy Cucumber Salad

## Summer Fruit Salad

## Summer Wraps

## Strawberry Pie

## Summer Pasta Salad

## Cereal Bars

### Creamy Cucumber Salad

- 3 large cucumbers
- ¼ cup diced onion (optional)
- 1 teaspoon salt
- 2 tablespoons light ranch dressing
- ½ cup light salad dressing or mayonnaise
- 1 tablespoon skim or 1% milk
- 1 teaspoon white sugar
- 1 teaspoon white vinegar



1. Wash, peel and slice cucumbers.
2. Place cucumbers and onion (optional) in a medium serving bowl and sprinkle with salt. Toss together.
3. Let stand for 2 hours. Drain any excess water from the cucumbers.
4. In a small bowl, mix dressings, milk, sugar and vinegar.
5. Add dressing to cucumbers and mix. Refrigerate until serving time.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 80 calories, 6 grams of fat and 6 grams of carbohydrates.



### Cut Back on Your Kid's Sweet Treats

Make treats “treats,” not every day foods. Treats are great once in a while. Just don’t make treat foods an every day thing. Limit sweet treats to special occasions.

Source: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

### Summer Fruit Salad

- 1 package (3.4 ounces) instant vanilla, lemon, coconut cream or banana cream pudding mix
- 2 cups cold skim or 1% milk
- 8 cups fresh or canned fruit: Sliced bananas, blueberries, raspberries, sliced peaches, pears, apricots, halved seedless green or red grapes, pineapple chunks



1. Prepare pudding according to directions and refrigerate.
2. Layer fruit in a large bowl.
3. Spread pudding on top of the fruit.
4. Garnish with fresh berries or mint leaves.

Variations: Use flavored yogurt instead of pudding. Top with crushed vanilla wafers.

Recipe source: [www.numatters.com](http://www.numatters.com)

**Nutrition Note:** This recipe makes 10 servings. Each serving has 130 calories, 0 grams of fat and 30 grams of carbohydrates.

### Breastfeeding:

#### Why breastfeed?



*“Initially, I breastfed to try to help her (my baby) avoid some health problems that run in my family, like diabetes. Fourteen months later, we are still breastfeeding because it’s our cuddle time now that she is a busy toddler!”*

~ WIC Breastfeeding Mom from Fargo WIC

For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).

### Summer Wraps

- Caesar Turkey Wrap – Layer smoked turkey slices on a tortilla. Top with chopped lettuce, black olives and tomatoes. Sprinkle with low-fat Caesar salad dressing.
- Tuna Wrap – Mix canned tuna with low-fat mayonnaise, finely chopped radishes and cucumbers. Sprinkle on a tortilla.
- Veggie Wrap – Layer sliced cheese, chopped lettuce, tomatoes and olives on a tortilla. Sprinkle with low-fat Italian salad dressing.
- Ham and Cheese Wrap – Layer sliced deli ham and American cheese. Heat in microwave until cheese melts.

Recipe source: [www.numatters.com](http://www.numatters.com)

## Strawberry Pie

- 1 package (3 ounces) strawberry gelatin
- 1 package (3 ounces) vanilla pudding (not instant)
- 1½ cups water
- 1½ pounds fresh strawberries
- 8- or 9-inch pie crust (regular or graham)

1. Mix gelatin, pudding and water in a saucepan. Bring to a boil.
2. Wash strawberries and remove the stems.
3. Place strawberries (whole) in the pie crust. Pour sauce over strawberries.
4. Refrigerate at least 1 hour before serving.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 180 calories, 5 grams of fat, and 32 grams of carbohydrates

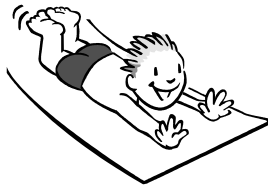
## Summer Pasta Salad

- 2 cups cooked rotini noodles
- 2 tomatoes, cut into wedges
- 1 cucumber, chopped
- 1 cup broccoli, chopped
- ½ cup low-fat Italian salad dressing
- Grated parmesan cheese

1. Combine noodles, tomatoes, cucumber and broccoli in a bowl.
2. Sprinkle with salad dressing and parmesan cheese. Toss to coat.
3. Cover and chill in the refrigerator for at least 30 minutes.

Recipe source: [www.numatters.com](http://www.numatters.com)

**Nutrition Note:** This recipe makes 8 servings. Each serving has 90 calories, 2 grams of fat and 14 grams of carbohydrates.



## Turn Off the TV

Play in the water. Run through the sprinkler in your backyard. Go to your local pool. Plan a "wash day" by washing your wagons, tricycles, outdoor toys, and even the family dog.



## Cereal Bars

- ¾ cup white corn syrup
- ½ cup white sugar
- 1½ cups peanut butter
- 5 to 6 cups WIC cereal (any variety, such as "O"-shaped oat cereal, any flake cereal, etc.; can mix varieties, too)

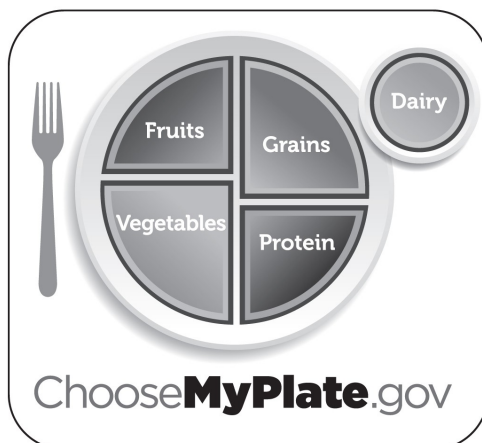
1. In a large kettle, bring corn syrup and sugar to a boil.
2. Stir in peanut butter.
3. Add cereal to peanut butter mixture, stirring until well coated.
4. Place in a 9x13-inch pan coated with nonstick cooking spray.
5. Cool. Cut into squares.

**Nutrition Note:** This recipe makes 24 servings. Each serving has 170 calories, 8 grams of fat and 21 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children  
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## GROWING HAPPY FAMILIES



## Drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Pop, energy drinks and sports drinks are a major source of added sugar and calories.

